MFT

PERSONAL FITNESS

Lesson 5

Personal Fitness: Lesson 5 Lab

- Review lesson 4 and homework
- Complete reading assignment and part 1 of lab report before class (instructor will check).
- LO #1: Employ correct methods for improving flexibility
- LO#2: Explain benefits of improved flexibility
- LO#3: Perform a flexibility assessment
- Review
- Turn in Lab Reports at the beginning of next class.

LO #1: Improving Flexibility

- Warm-up
- Proper techniques
- Appropriate FITT values
- Cool-down
- Assessment

Warm-up

- **Purpose –** prep body for more vigorous ex.
- **Benefit –** increases: body temp, blood to extremities, and muscle elasticity; reduces risk of injury.
- **Procedure –**
  1. 5 to 15 min light jog, cycle, calisthenics
  2. Joint rotation
  3. Stretching

FITT Principles for Flexibility

FITT

Frequency

- 5 -6 days/week
- *2x/CR workout

***Stretch BEFORE an activity (prevention of injury)**

***Stretch AFTER an activity (increase**

Intensity

- Stretch to mild discomfort
- Pain should NOT be a part of the stretching routine
- Excessive pain - too high a load - possible injury

Time

4 or 5 reps

Hold position 10 sec - 30 sec

Increased flex 60 sec/ rep

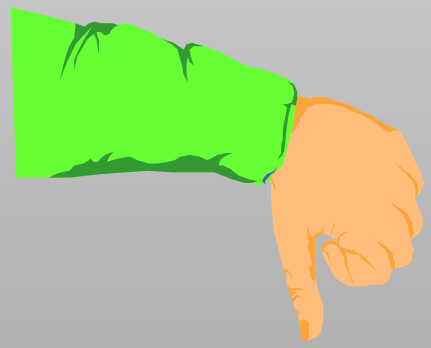
Type - Static Stretching

- **Slow sustained stretching**
  - **Lengthen muscle gradually (ROM)**
  - **Relax muscle - greater length achievement**
  - **Little pain - low injury risk**

Type - PNF
(proprioceptive neuromuscular facilitation)

- Partner SLOWLY pushes body part in direction of stretch - discomfort - 8-10 sec
- Stretcher - isometric contraction - 25% effort
- Hold contraction 4 - 5 sec
- Relax muscle - SLOWLY - continue stretch
- Repeat 2 - 5 times

Type - Ballistic or Dynamic Stretch



- Jerky, rapid, and bouncy movements
- Increases flexibility - NOT recommended unless highly trained- causes muscle soreness and injury

Cool-down

- **Purpose** - to gradually slow the HR.
- **Benefit** - prevents cardiac abnormalities, blood pooling, and fainting; returns muscles to resting length; improves flexibility.
- **Procedure** -
  1. Gradually decrease intensity of work
  2. Sustain light work until HR < 100 bpm
  3. Stretch each muscle 30 to 60 sec

LO #2: Benefits of Improved Flexibility

1. Injury prevention, reduced muscle soreness
2. Improved posture, body movement and personal appearance
3. Improved sports performance
4. Reduce effects of aging

LO#3: Flexibility Assessment

Muscle	Norms & Assessment
Hamstring	0-20° – Ideal for strenuous and daily activities <0° – Too flexible; at risk for sprain or dislocation >20° – Too tight; risk for hamstring, low back & kneeinjury
Gastroc	≥20° – Ideal for strenuous and daily activities <20° – Too tight; risk for gastroc strain, shin splints or over-use knee injury
Shoulder Int. Rotator	≥90° – Ideal for strenuous and daily activities <90° – Too tight; risk of RC strain or over-use shoulder injury
Shoulder Ext. Rotator	50-60° – Ideal for strenuous and daily activities <50° – Too tight; risk of RC strain or over-use shoulder injury